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ABSTRACT FOR THE DISCLOSURE

BALANCING THE COMPREHENSIVE HEALTH OF A USER

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A current health profile for a user is monitored at a personal health monitoring system. The current health profile includes multiple monitored physical parameters and multiple monitored environmental parameters. Multiple actions for selection by the user are received at the personal health monitoring system. The multiple actions are prioritized according to the current health profile and designated allowances for the user at the personal health monitoring system, such that the personal health monitoring system aids the user in selecting from among the multiple actions in order to balance the comprehensive health of the user. In addition, multiple tasks for scheduling in a user's electronic schedule are received at the personal health monitoring system. The multiple tasks are scheduled according to the current health profile and designated allowances for the user at the personal health monitoring system, such that the personal health monitoring system aids the user in scheduling tasks in order to balance the comprehensive health of the user.

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